

STARTERS

crispy sweet potato  
creme fraiche|caviar|chives  
10

avocado toast  
protein bread|smashed avocado|lentil sprouts  
11  
*add house cured arctic char / 5*

carrot & beet tartar  
dijon vinaigrette|ancient grain crisps  
mango “yolk”  
12

charred octopus  
gochujang aioli|baby potatoes|scallions  
16

lager & artisan cheese fondue  
onion jam|pickled apples|andalusian bread  
14

A BIT MORE

grilled zucchini ‘toast’  
heirloom tomatoes|meredith dairy feta  
organic herbs  
14

warm savory strudel  
cup of soup | petite salad  
*pair 2 of 3 for 15*

duck confit panini  
compressed apples|peppery garden greens  
muenster  
16

grilled cheese  
andalusian bread|gloucester|cress|fruit leather  
12

heritage house cured turkey sandwich  
gruyere|citrus cranberry|peppery garden greens  
16

the frenchie  
grass fed brisket-short rib beef patty|onion fondue  
muenster|toasted brioche  
15

not a burger  
house made vegan ‘patty’|tomato|greens “veganise”  
|onion straws|vegan bun  
15

daily tartine special  
fresh daily|inquire with your server  
mp

SALADS & SOUPS

autumn salad  
cinnamon roasted squash|pomegranate|agrodolce  
beets|pepitas|chevre|green apple vinaigrette  
15

harissa sous vide heirloom carrots  
za’atar goat milk yoghurt tea soaked  
raisins|petite herbs|puffed grains  
14

heirloom tomatoes  
cucumbers|radish|feta|olives  
zaatar vinaigrette  
14

quinoa ‘tabbouleh’  
cucumbers|tomatoes|sesame|lemon|mint  
13

superfood salad  
live sprouts|organic garden greens  
kombucha vinaigrette  
14

soup d’jour  
fresh daily | inquire with your server  
mp

in addition to any plate  
6 oz arctic char | 9  
sous vide chicken | 7

& SWEETS

key lime pie  
vegan/raw|avocado|cashew|dates|coconut  
11

organic chocolate parfait  
chia pudding|chocolate cashew mousse  
cacao nibs | “shan-granola”  
9

petite fours  
assorted mini swiss sweets  
9



HARVEST & WISDOM

Tuesday - Saturday 11am - 3pm | 239.949.0749 | ShangriLaSprings.com | Historic Bonita Springs, FL

Due to State Regulation the Following Statement Must Be Noted: “Consuming Raw or Uncooked Meats, Poultry, Seafood, Shellfish or Eggs May Increase Your Risk of Food Borne Illness”